

# VT MUNCH TIMES

## Coming to a Tray near You!

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6/13/14

*VT Munch Times is a biweekly newsletter brought to you by the Child Nutrition Team at Vermont Agency of Education, designed to include a USDA Policy update, a fun nutrition fact and up-to-date resources for the coming weeks. Look for these updates every other Thursday!*

### Munch on this:

#### Policy Update: Summer is here!

You're in the home stretch and with school letting out for the summer very soon and the VT Munch Times is taking the summer off.

Look for the next issue when school starts again this fall. You all worked very hard this year and I personally want to THANK YOU for all you have done for the children of Vermont. Without you and your hard work and dedication, the children of this fabulous state would not be able to learn and succeed. I hope you have a safe, healthy, and happy summer because you deserve it! So kick off those clogs and enjoy the sun. See you in August at the Child Nutrition Programs Summer Institute at St. Johnsbury Academy.

Although school is winding down, Summer Food is ramping up because "Hunger Doesn't Take Vacation!" Here is the link for all Summer Meal Sites: [http://education.vermont.gov/documents/EDU-Child\\_Nutrition\\_SFSP\\_50\\_Percent\\_Open\\_Site\\_List.pdf](http://education.vermont.gov/documents/EDU-Child_Nutrition_SFSP_50_Percent_Open_Site_List.pdf). Please take the time to distribute this list far and wide.

#### Policy Update: Whole Grain Myths

Myth #1: Whole Grain Rich means that a product is made with 100% Whole Wheat Flour.

FACT: Whole Grain Rich simply means that a grain product has to have a minimum of 50% whole grain flour in the recipe. The remaining amount could be regular enriched flour. The Product is counted as "Whole Grain Rich."



#### WHOLE GRAIN RICH IS DEFINED AS:

- Whole grain as the first ingredient
- 8 grams of whole grain per serving
- FDA-approved whole grain health claim on package

## Myth #2: Whole Wheat Flour is not Whole Grain Flour.

FACT: Wheat is a grain and the fact that it is WHOLE means that it is in fact a WHOLE GRAIN. A whole grain is a grain that has its entire kernel or seed intact. A grain kernel or seed is made up of three essential parts, the bran, the endosperm and the germ. When wheat is milled into flour it may lose one or more of these parts and as a result is no longer considered WHOLE. When trying to determine whether a product is a whole grain rich remember that the key word is WHOLE and that the first ingredient in the ingredient list shouldn't be anything except 1) A Whole Grain or 2) Water followed directly by the whole grain. **Example:**

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
INGREDIENTS: WHOLE WHEAT FLOUR, WATER, FARINA, WHEAT GLUTEN, YEAST, SUGAR, SALT, PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID), GRAIN VINEGAR, NATURAL FLAVOR, SODIUM STEAROYL LACTYLATE, MONO- AND DIGLYCERIDES, ETHOXYLATED MONO- AND DIGLYCERIDES, SUCRALOSE, SOY FLOUR*, NONFAT MILK, WHEY. R11-236		
*TRIVIAL AMOUNT OF SOY FLOUR		

## Myth #3: All products offered must be 100% Whole Grain.

FACT: Grain products must contain at least 50% Whole Grains. Example: Recipe: 2 lbs. Whole Wheat flour, 2 lbs. enriched flour.

### USDA Foods UPDATE:

As our first year of “demand-driven” USDA Foods ordering comes to a close, some schools are finding that they ordered too many cases of certain products. Here’s what to do if you’re finding yourself with more cases than you can use:

1. If the item is still at Reinhart, find another school to transfer it to (try asking other schools in your Supervisory Union) and then email Rosie Krueger ([mary.krueger@state.vt.us](mailto:mary.krueger@state.vt.us)) to ask her to make the transfer. Once the transfer is made, the other school will be able to release the product for delivery to their school through TRACS.
2. Use them for another School Food Service program, such as your Breakfast Program, After School Snack Program, or Seamless Summer Program. If the program is run out of your non-profit school food service account, you do not need to document any transfer.
3. Donate them to another feeding program such as the CACFP Program, or the SFSP (summer) program. You cannot charge the other program for the value of the USDA Foods, but you can charge them for any storage and delivery fees that you paid to receive the item (if you want to – not required). The recipient program would need to document that they received the donation.
4. Donate them to another school’s School Food Service Program. Again, you cannot charge them for the value of the food, but you may charge them for the storage and delivery fees that you paid for the item.
5. Donate them to a food pantry. You can find the food pantries in your community on the Vermont Foodbank’s website: <http://www.vtfoodbank.org/FindFoodShelf.aspx>. If you have a

large volume of foods, you may wish to donate them directly to the Vermont Foodbank (1-800-585-2265).

Because the items are “single inventory” with your commercial items once they arrive at your school, you do not need to notify the State or USDA or fill out any special forms to donate the foods – but you should keep documentation of your donation for your files, just as you would if you donated commercially purchased foods. If you are transporting the foods, please follow safe food handling procedures during the transfer.

### **Administrative reviews 2014 -2015:**

The list of Supervisory Unions that will be reviewed has been created for school year 2014 – 2015 and is attached. If your SU is on the list, be ahead of the game and sign up for the Administrative Review class at our Summer Institute.

### **Reminders:**

#### **End of Year Inventory:**

Now that school is letting out soon, it is time to start thinking about your end of year inventory. Completing an inventory will let you know the total value of the products you have on hand. Attached in an excel document that will help calculate the value of your inventory. Simply enter the counts of your different items and the prices and it will calculate the price for you. If you have any questions, please let me know and I would be happy to help you! Happy Counting!

#### **Community Eligibility Provision:**

Make sure to complete and submit your data sheets with your school's/SU's number of directly certified students and indication if you are interested in serving free meals to all students through CEP or Provision 2 next year. Please send to Laurie Colgan at [laurie.colgan@state.vt.us](mailto:laurie.colgan@state.vt.us) as soon as possible! If you're not sure you're ready for CEP, don't worry, you have until August 31<sup>st</sup>, 2014 to decide.

#### **Smart Snacks Standards:**

Make sure your school is ready to implement the new Smart Snack Rules for 2014-2015. Find information and guidelines about all foods *sold to students on the school campus during the school day* on the Child Nutrition Programs website.

### **Trainings and Events:**

#### **Child Nutrition Programs' Summer Institute:**

Registration for the Summer Institute is now open! Click [here](#) to view classes and register.

#### **VT Higher Education Collaborative: Nutrition and Food Education Course (2 credits)**

August 11-October 20, 2014

St. Johnsbury, VT & Online

This blended learning course is designed for K-12 school-based professionals (i.e. Health, PE, FACS, classroom teachers, nurses, counselors, food service providers, etc...) to learn how to teach nutrition

education while working collaboratively across school and local community to establish healthful, sustainable, food systems for schools. The course will begin with a required face-to-face day on August 11th held in conjunction with the annual Child Nutrition Summer Institute in St. Johnsbury. The remainder of the course will take place in an asynchronous, online learning environment. Upon successful completion of this course, students will have:

- Explored strategies for standards-based instruction and assessment of K-12 nutrition education,
- Discussed common nutritional problems of children,
- Evaluated the impact of public health forces on nutrition habits of children,
- Explored the nutrient needs for childhood growth and development, including the Dietary Guidelines, and
- Developed a plan to work collaboratively across school and local community to establish healthful, sustainable food systems for schools.

Credit will be granted by Castleton State College. Course approval by the School Nutrition Association is also anticipated. Instructed by Erin Randall-Mullins, MAT. Registration will be available soon at [www.vthec.org](http://www.vthec.org) and on the Child Nutrition Programs Summer Institute registration website.

### **Recipes: Recipe of the Month: [Watermelon Granita](#)**

This refreshing concoction will cool the whole family down on those steamy hot summer days without all the calories of ice cream.

#### **Ingredients**

4 cups cubed seedless watermelon

1/4 cup sugar (if you have a really sweet watermelon you may not even need the sugar)

1 tbsp. fresh lime juice

#### **Directions**

1. Purée all ingredients in a blender until smooth.
2. Pour into a 9x9x2" metal baking pan.
3. Freeze mixture for 1 hour.
4. Stir, mashing any frozen parts with the back of a fork.
5. Cover and freeze mixture until firm, about 2 hours.
6. Using a fork, scrape granita vigorously to form icy flakes. Serve in a cold dish and enjoy!

*Can be made 3 days ahead. Cover tightly with foil and keep frozen. Give it a quick scrape before serving.*

### **New School Cuisine Cookbook**

Our latest resource to help schools meet the new USDA meals pattern and use fresh and local products in school meals.

Available online! [http://education.vermont.gov/documents/EDU-New\\_School\\_Cuisine\\_Cookbook.pdf](http://education.vermont.gov/documents/EDU-New_School_Cuisine_Cookbook.pdf)

### **Cookbooks Galore**

A compilation of school food service cookbooks from all over the country

<http://healthymeals.nal.usda.gov/recipes/recipes-school-food-service>

## **Resources:**

### **Whole Grain Resource for the National School Lunch and Breakfast Programs**

A Guide to Meeting the Whole Grain-Rich Criteria.

<http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf>

### **Harvest of the Month by Green Mountain Farm-to-School, Food Connects and Upper Valley Farm to School:**

June's *Harvest of the Month* is **Herbs**. With the first sodium target going into effect July 1<sup>st</sup> 2014, remember that herbs will help to impart lots of flavor without adding any additional sodium or calories. With herbs popping up in gardens all over the state, take the time to preserve some of your own basil, thyme, parsley and more through freezing or drying for the new school year!

Posters, recipes, kid-friendly eating tips, lesson plans and more can be found for FREE download at [www.VermontHarvestoftheMonth.org](http://www.VermontHarvestoftheMonth.org).

**Find loads of resources and training opportunities on everything from regulations to recipes to nutrition education at:**

[National Food Service Management Institute](#)

[School Nutrition Association](#)

[GCF Global Learning](#)

[School Meals Vermont](#)

### **USDA Foods Fact Sheets**

This is where you can find nutrition information, as well as product descriptions, storage info, and preparation/cooking instructions for all USDA Foods. <http://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>

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Disclaimer: *VT Munch Times* provides general information to assist Vermont sponsors of the U.S. Department of Agriculture (USDA) Child Nutrition Programs. It does not represent all federal and state requirements and regulations regarding the operation of USDA school nutrition programs. The inclusion of links to external Web sites does not constitute an endorsement by the Vermont State Agency of Education to the information, products, services or opinions contained therein

*VT Munch Times* is [archived](#) on the Agency of Education website. For information which is three months or older, or for other questions, please contact Marianna Charalabopoulos, Child Nutrition Consultant, at (802) 479-1254 or [marianna.charalabopoulos@state.vt.us](mailto:marianna.charalabopoulos@state.vt.us)

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